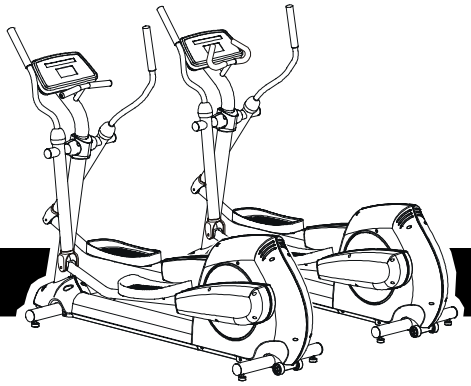
Cross-Trainer

ASSEMBLY INSTRUCTIONS



LifeFitness

Rely on it.™

Congratulations...

and welcome to the world of ***Life Fitness***

and the ***Life Fitness 5500HR / 8500*** *Cross-Trainers.*

The following Parts Identification Listing and the step by step assembly procedures have been assembled to make the set-up of the Cross-Trainer as quick and easy as possible.

Please take special note of the following important points prior to choosing a location and beginning assembly of the Cross-Trainer

IMPORTANT SAFETY INSTRUCTIONS!

DO NOT ***locate the Cross-Trainer outdoors, near swimming pools, or in areas of high humidity****.*

DO NOT ***operate your Cross-Trainer if it has been dropped, damaged, or even partially immersed in water. Contact Life Fitness Customer Support Services at the number in the Operation Manual.***

DO NOT ***locate the Cross-Trainer any closer than 30 inches (76 cm) to a television set.***

DO NOT ***locate additional Cross-Trainers any closer than a minimum of 42 inches (107 cm) from center to center to avoid interference (cross talk) between Heart Rate monitors.***

DO ***keep the area around your Cross-Trainer clear of any obstructions, including walls and furniture.***

DO ***verify the contents of the delivery carton against the accompanying Parts Listing prior to setting the cartons and shipping material aside. If any parts are missing, contact Life Fitness Customer Support Services at the number listed in the Operation Manual. Save the shipping cartons in case of return.***

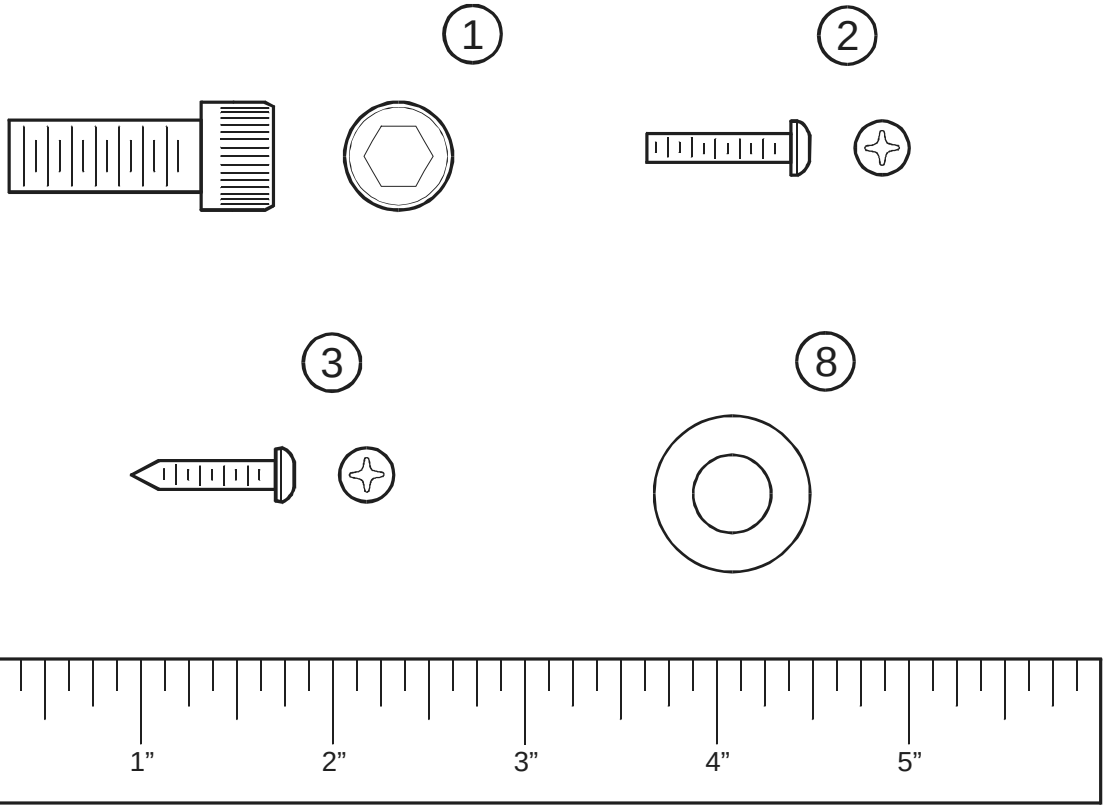
DO ***read the entire Operation Manual prior to attempting to operate this machine as this is essential for proper use.***

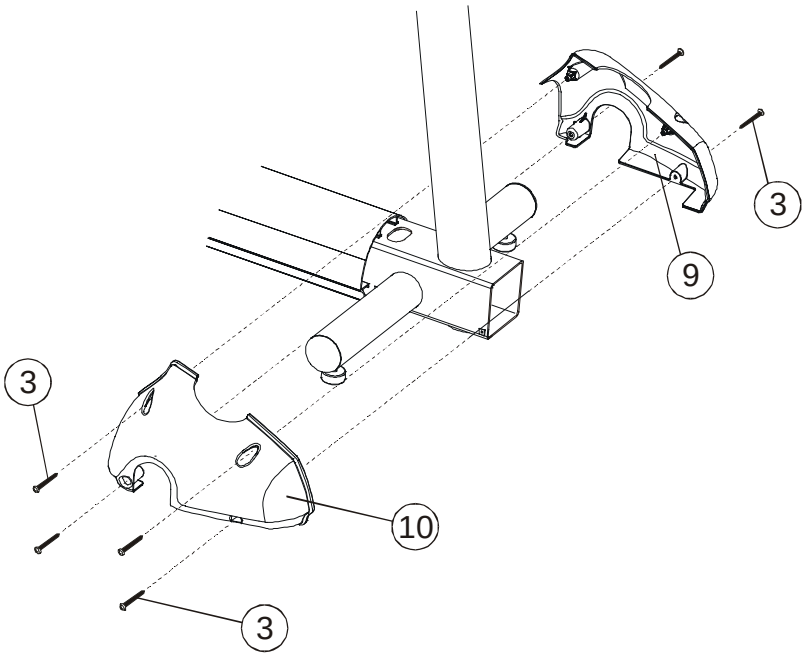
TOOLS REQUIRED FOR ASSEMBLY... **Magnetic Bit Phillips Screwdriver** (provided)**, Hex Key Wrench** (provided)

PARTS DESCRIPTION

1	**Hex Key Mounting Bolt** 0017-00101-1645	Qty: 8
3	**Mounting Screw** 0017-00101-1242	Qty: 10
5	**Front Monocolumn Cover** OK61-06020-0002	Qty: 1
7	**Console Support Assembly** AK61-00500-0002 (Model 5500HR) AK61-00500-0003 (Model 8500)	Qty: 1
9	**Left Front Cover** OK61-06200-0000	Qty: 1
11	**Left User Arm Assembly** AK61-00460-0001	Qty: 1
13	**Power Supply** (Model 5500HR Only) 118E-00001-0113 (Domestic)(A) 118E-00001-0114 (International)(B)	Qty: 1
15	**Foam Isolator** (Polar® Receiver) OK36-01059-00002	Qty: 1

2	**Display Console Screw** 0017-00101-1148	Qty: 4
4	**Console Assembly** AK61-00022-0001	Qty: 1
6	**Back Monocolumn Cover** OK61-06010-0002	Qty: 1
8	**Flat Washer** 0017-00104-0192	Qty: 2
10	**Right Front Cover** OK61-06210-0000	Qty: 1
12	**Right User Arm Assembly** AK61-00460-0000	Qty: 1
14	**Polar® Receiver** AK40-00045-0001	Qty: 1
16	**Console Spacer** OK61-05009-0000	Qty: 1

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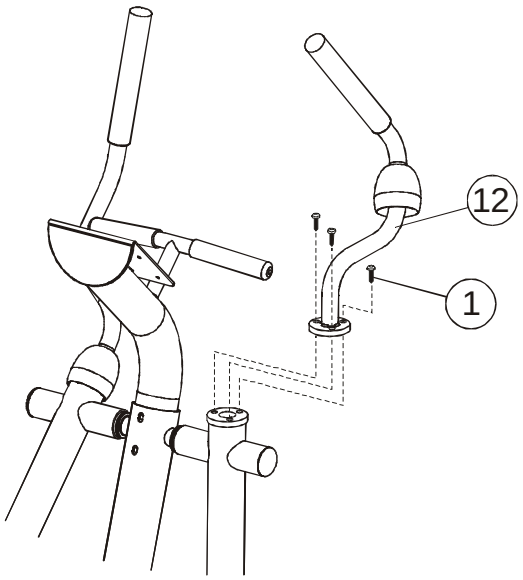
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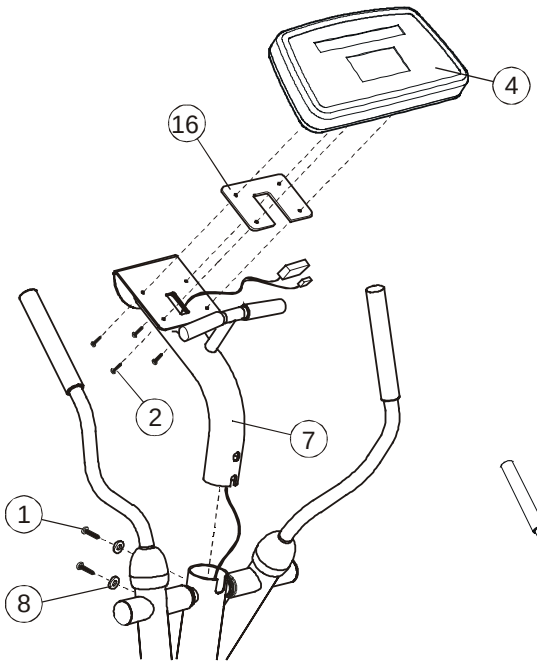
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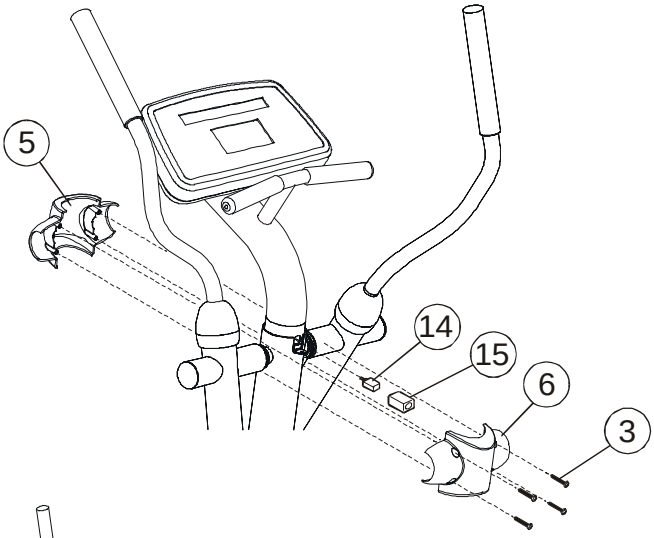
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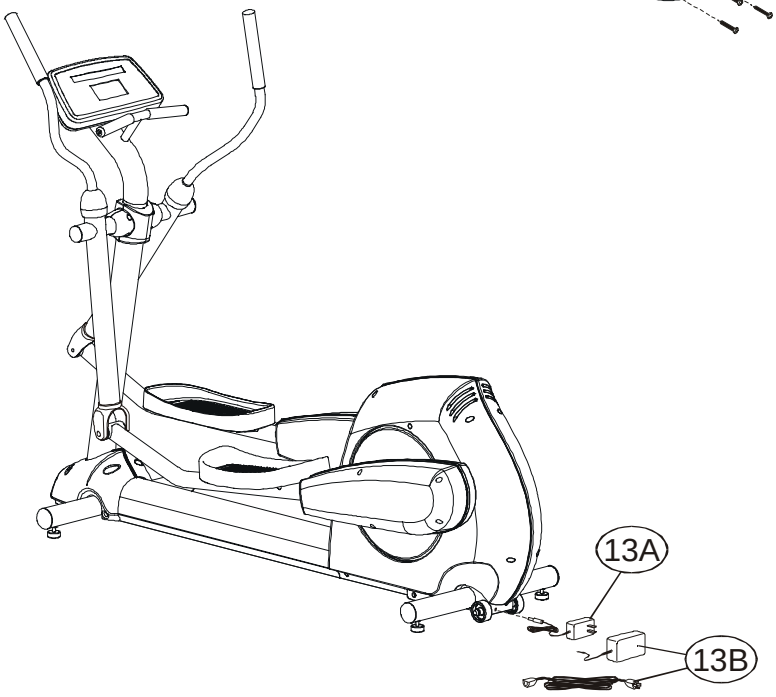
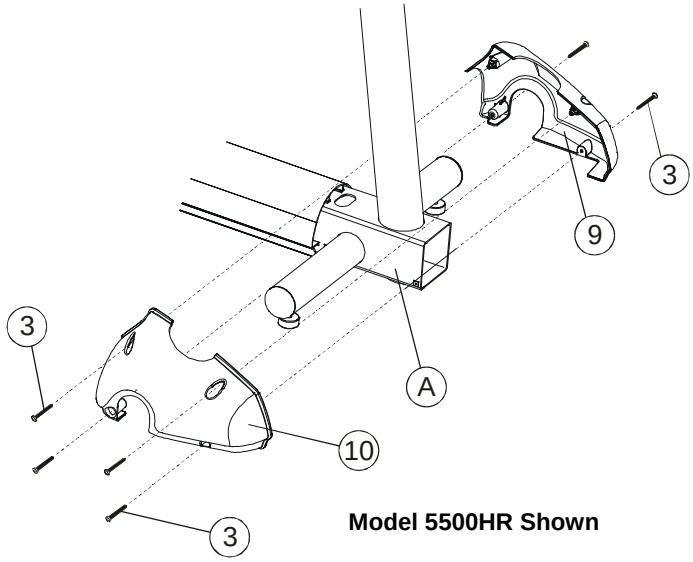

13A
13B

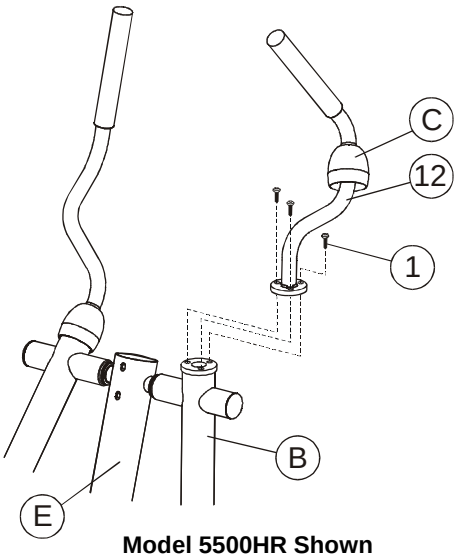
Step 1
Before proceeding, familiarize yourself with the parts of the Cross-Trainer and make sure that you have received all the items described in the Parts List.

Step 2
Locate the left and right FRONT COVER (#9, #10). Using two MOUNTING SCREWS (#3), mount the USER LEFT FRONT COVER (#9) to the FRAME (A). Attach the USER RIGHT FRONT COVER (#10) to the FRAME in the same manner using two MOUNTING SCREWS (#3). Secure the tops of the FRONT COVERS together using two MOUNTING SCREWS (#3).

Step 3
Locate the LEFT USER ARM (#11). Secure the LEFT USER ARM to the LEFT ROCKER ARM (B) using three HEX KEY BOLTS (#1). Repeat the procedure for the RIGHT USER ARM (#12). Tighten all bolts securely. Lower the BOOT COVERS (C) down over the mounting plates.



Model 5500HR Shown



Model 5500HR Shown

Step 4
Detach and unwrap the WIRE HARNESS located at the top of the MONOCOLUMN. Holding the CONSOLE SUPPORT ASSEMBLY (#7) with the handgrips facing upward, feed the WIRE HARNESS (D) up through the neck and out the top access hole. Carefully lower the CONSOLE SUPPORT ASSEMBLY onto the MONOCOLUMN.

CAUTION: BE CAREFUL NOT TO PINCH THE WIRE HARNESS WHEN ASSEMBLING THE CONSOLE SUPPORT ASSEMBLY (#7) TO THE MONOCOLUMN (E).

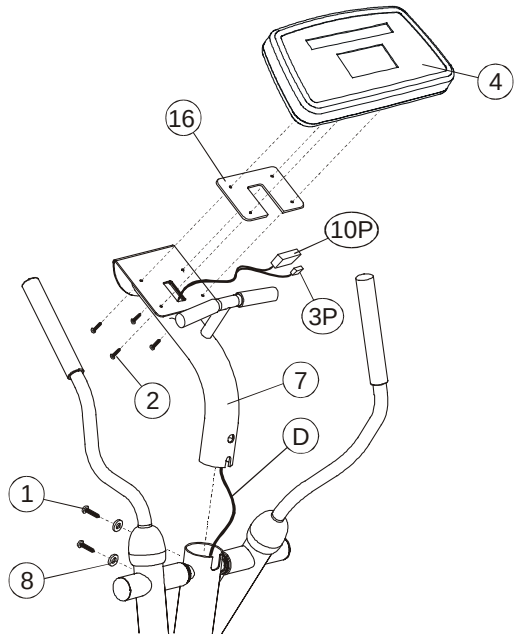
Step 5
Using two HEX KEY BOLTS (#1) and 2 FLAT WASHERS (#8), secure the CONSOLE SUPPORT ASSEMBLY to the MONOCOLUMN (E). Tighten the bolts securely.

Step 6
Attach the 3-PIN (3P) and 10-PIN (10P) CONNECTORS to the back of the CONSOLE ASSEMBLY.

Step 7
Place the CONSOLE ASSEMBLY SPACER (#16) onto the CONSOLE SUPPORT ASSEMBLY (#7). Align the mounting holes in the CONSOLE ASSEMBLY SPACER with those in the CONSOLE SUPPORT ASSEMBLY.

Step 8
Secure the CONSOLE ASSEMBLY (#4) to the CONSOLE SUPPORT ASSEMBLY (#7) using four MOUNTING SCREWS (#2). Tighten the screws securely.

CAUTION: DO NOT OVER-TIGHTEN THE MOUNTING SCREWS (#3).

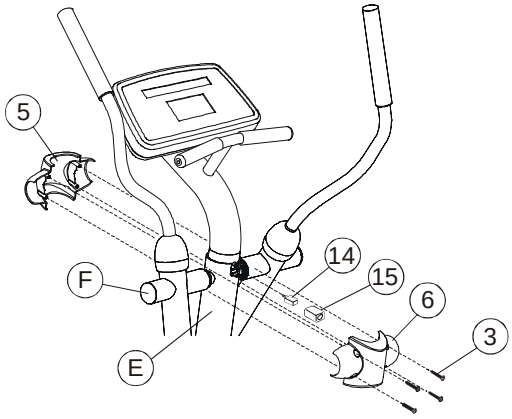


Model 5500HR Shown

Step 9 (Model 5500HR Only)
Locate the POLAR® RECEIVER (#14). Plug the POLAR RECEIVER into the jack located at the front of the MONOCOLUMN (E) near the DEAD SHAFT (F). Slide the FOAM ISOLATOR (#15) over the POLAR RECEIVER.

Step 10
Locate the front and back MONOCOLUMN COVERS (#5, #6). Place the FRONT MONOCOLUMN COVER (#5) over the PIVOT SHAFT (F) at the top of the MONOCOLUMN (E).

(Model 5500HR Only)
With the wire positioned on top, carefully insert the POLAR RECEIVER between the vertical ribs located inside the REAR MONOCOLUMN COVER.

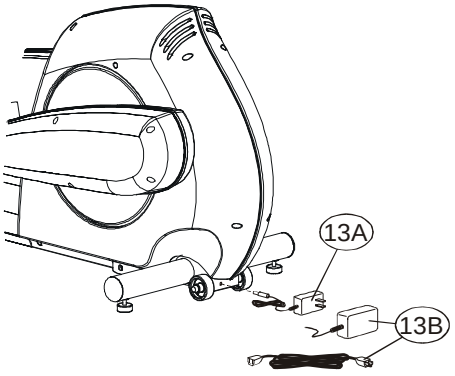


Model 5500HR Shown

NOTE: THE POLAR RECEIVER WIRE MUST BE BE POSITIONED ON TOP WHEN INSERTED INTO THE REAR MONOCOLUMN COVER.

Place the REAR MONOCOLUMN COVER (#6) on the opposite side of the FRONT MONOCOLUMN COVER to cover the PIVOT SHAFT and CONSOLE SUPPORT ASSEMBLY MOUNTING BOLTS. Use four MOUNTING SCREWS (#3) to secure the MONOCOLUMN COVERS together. Tighten the screws securely.

CAUTION: DO NOT OVER-TIGHTEN THE MOUNTING SCREWS (#3).



Step 11 (Model 5500HR Only)
Position the Cross-Trainer into the desired location for use. Locate the POWER SUPPLY (#13).

(Domestic Only)
Plug the connector end of the POWER SUPPLY (13A) into the Cross-Trainer at the lower rear of the unit. Plug the POWER SUPPLY into a wall outlet.

(International Only)
Plug the connector end of the TRANSFORMER (13B) into the Cross-Trainer at the lower rear of the unit. Plug the LINE CORD into the TRANSFORMER. Plug the pronged end of the LINE CORD into a wall outlet.

CAUTION: REFER TO THE OPERATION MANUAL FOR PROPER LINE CORD USEAGE.

PRE-OPERATION CHECKLIST

- *Ensure that the USER ARM bolts are tight.*
- *Make sure the CROSS-TRAINER is properly leveled and stable.*
- *Ensure that the Leveler Jam Nuts are tight.*
- *Read the entire Operation Manual before using the Cross-Trainer.*

Before attempting to operate your Cross-Trainer, it is imperative that you familiarize yourself with the contents of the Operation Manual. If your Cross-Trainer does not respond as described in the OPERATION MANUAL, contact the nearest Life Fitness service center as listed in the Operation Manual.

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